



CITY OF TORRANCE COMMUNITY SERVICE DEPARTMENT • RECREATION DIVISION

ADULT BEACH VOLLEYBALL CLASSES

TUESDAYS & THURSDAYS FROM AUGUST 9 THROUGH OCTOBER 6 2011.

Former international beach volleyball player, coach, and beach specialist, Rico Guimaraes will host beach volleyball classes for the City of Torrance.

Come down to the Torrance Beach Volleyball Courts and develop your skills!

**SIGN UP FOR CLASSES, TECHNIQUE TUESDAYS AND ADVANCED THURSDAYS AND SAVE!
FOR BOTH DAYS A TOTAL OF 12 CLASSES, 18 HOURS OF BEACH VOLLEYBALL LESSONS FOR
ONLY \$170 (PLUS \$15 REGISTRATION FEE)**

TECHNIQUE TUESDAYS: CLASS BEGINNERS TO ADVANCED

Technique & Physical Aspects of VB

All Fundamentals:

Passing, Setting, Hitting, Blocking, Digging

Agility and footwork

Reading and Positioning

Approach and Swing

Balance and Power

Technique Tuesdays Volleyball Adult Class:

First Class: Tuesday August 9

Last Class: Tuesday October 25

Period: Classes are from 6 to 7:30/8 P.M.

THURSDAYS: ADVANCED STUDENTS ONLY!!

Tactical & Psychological Trainings

Game Strategies

Side Out Drills

Transition Plays

Advanced Thursdays Volleyball Adult Class:

First Class: Thursday July 21

Last Class: Thursday October 27

Period: Classes are from 6 to 7:30/8 P.M.

- First Summer Technique Tuesdays class schedule – August 9, 16, 23, 30, September 6 and 13
- Second Summer Technique Tuesdays class schedule – September 20, 27, Oct 4, 11, 18 and 25
- First Summer Advanced Thursdays class schedule – August 11, 18, 25, September 1, 8 and 15
- Second Summer Advanced Thursday class schedule – September 22, 29, Oct 6, 13, 20 and 27

Schedules

FEE: Classes run for 6 weeks and are \$95 (plus \$15 registration fee).

Ages: 18 and up

LIMITED SPACES AVAILABLE!!!

"Creating and Enriching Community through People, Programs, and Partnership"

Community Services Department • Recreation Services Division • 3031 Torrance Blvd, Torrance CA. 90503 • (310) 618-2930

www.torranceca.gov

